

Region 136 Age Level Appropriate Skills Check List

	U6	U8	U10	U12	U14 and up	
Dribbling	X					<p>Before a player can learn soccer skills the child must first learn how to control the body's movement, so the foundation to ball skills is physical education. Motor skills (physical movement/body mechanics) are refined from early on.</p> <p>Always work on coordination drills and mechanics.</p>
Shooting	X					
Balance	X					
Running	X					
Jumping	X					
Movement Education(ON/OFF THE BALL)	X	X	X	X	X	
Ball Lifting & Juggling		X				
Block Tackle		X				
Receiving Ground Balls with Inside of foot/Sole		X				
Shoot with Inside of Foot		X				
Toe Pass, Shot		X				
Push Pass		X				
Eye foot, Eye hand coordination		X				
Throw In			X			
Running with the ball			X			
Passing			X			
Instep Drive			X			
Receiving with inside/outside of foot			X			
Fakes in dribbling			X			
Fients with ball				X		
Receiving bouncing & Air balls with Thigh/Chest				X		
Outside of Foot Pass				X		
Bending Shots				X		
Cross to near post space & Penalty spot space				X		
Heal Pass				X		
Flick Pass				X		
Chipping Pass				X		
Introduce Half Volley and Volley Shooting				X		
Slide Tackle				X		
Shoulder Charges				X		
Bending Passes					X	
Cross to Far Post and Top of Penalty Area					X	
Heading Passes					X	
Diving Headers					X	
Flick Headers					X	
Heading to Score goals					X	
Heading for Clearances					X	
Outside of Foot Shot					X	
Dummy Balls					X	
Introduce the Chipping Shot					X	

Region 136 Age Level Appropriate Skills Check List for Goal Keeping

	U6	U8	U10	U12	U14 and up
Ready Stance			X		
How to Hold a ball after a save			X		
Diamond Grip			X		
Catching Shots			X		
Introduction to Goal Kicks			X		
Throwing			X		
Punting				X	
Foot Work				X	
W Grip				X	
Bowling				X	
Low Dives				X	
Forward Diving				X	
Angle Play				X	
Near Post Play				X	
Introduce Deflecting				X	
Far Post Play					X
Medium & High Diving					X
Deflecting Over the Crossbar					X
Deflecting around the post					X
Catching Crosses					X
Half Volley Drop Kick					X
Kick Saves					X
Long Over Arm Throws					X
Penalty Kicks					X

In **addition** to Field player skills, Goal Keepers should also have the skills sets taught or introduced to them at the appropriate age level as indicated.